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HAVE YOU **MET TEDx?** THINKERS ANSWER CALL TO ACTION (page 14)



**SPLIT KLUM QUITS VICTORIA'S** 

SECRET (page 16)

**CALGARY** 

Monday, October 4, 2010 www.metronews.ca



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#### Thousands run to find a cure

Calgarians came out in force to help raise money at this year's CIBC Run for the Cure. Story, page 3.

#### 'Hell' to lead to lawsuit?

Controversial British politician comes out swinging (page 6)

#### **Terror fears** spur warnings

U.S., Britain warn citizens to be vigilant while abroad (page 8)

# Body found in NW lot

• An autopsy is expected to be complete today The homicide unit is investigating



Police are investigating a mysterious death after a body was found in a northwest parking lot yesterday.

Insp. Keith Cain said police were called just before 9 a.m. to the 1500 block of 16 Avenue NE, where a dead man was found just outside of the Source Adult Video.

"Anytime you find a dead body in a parking lot, it's suspicious," Cain said, adding police continue to look into the circumstances.

What appeared to be blood could be seen on the side window of a vehicle parked in the strip mall.

Gerald, who refused to use his last name, lives near where the body was found and said police asked him to identify it.

But they said it would be difficult because there was a lot of blood. Apparently it was gruesome," he said. "But I



didn't hear anything this morning." Gerald said the area is usually quiet, but recently some "bad apples" moved down the street.

"They always have people coming and going, like drug deals," he alleged.

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#### Cops probe Eau Claire shooting

Police cordoned off several downtown streets yesterday to investigate an overnight shooting. Insp. Terry Larson said

Insp. Terry Larson said 20 police units responded to shots fired around 3:30 a.m. in the Eau Claire area and when officers arrived found several people and cars fleeing the area.

"We took a number of

"We took a number of people in for questioning but we don't know if they are witnesses, victims or suspects. At this point we don't have any injuries," Larson said. Police found two vehicles with bullet damage.

MRISTA SYLVESTER



# Sticking it to cancer

Over \$100,000 was raised yesterday as more than 400 people got together at the Scotiabank Stick-It to Prostate Cancer ball hockey tournament.

"Prostate cancer often has no symptoms in its earliest, most curable stage, a fact that highlights the need to drive home the critical awareness and early detection message for men and their loved ones," said W. Brett Wilson, the event's honourary chair.

METRO CALGARY



# Calgarians run for cancer cure

◆ Thousands flocked to Southcentre for the 19th annual run yesterday
 ◆ Over 12,000 attendees and 8,000 participants raised \$1.43 million



First, she found out she was pregnant with her first child. Then she was diagnosed with an aggressive form of breast cancer.

That launched Laurel Sopher's indestructible bond with her now nineyear-old son, Alexander, as the two spent 21 weeks of her pregnancy going through chemotherapy. "He's my cancer survivor baby," said Sopher, a survivor spokesperson for this year's CIBC Run for the Cure. "We've been through so much together and we really have that extra bond together."

Sopher said she was persistent when she found the lumps because many doctors believed it was a normal part of pregnancy.

"But I knew it in my

"But I knew it in my heart. My son saved my life. The doctor said if I wasn't pregnant, I wouldn't have found the lumps in my breasts."

Since 2002, Sopher and Alexander haven't yet missed a CIBC Run for the Cure, and are often joined by the rest of the family.

Suzanne Fallowfield, volunteer co-run director, said they were inundated with positive support.

"Each year we see an overwhelming amount of support from Calgarians," she said

#### By the numbers

- More than 12,000 volunteers across the country co-ordinate the CIBC Run for the Cure.
- More than 60 communities hosted Run For The Cure events across Canada.
- An average of 100 Canadian women die of breast cancer every week.





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Was George
Galloway's entry
to Canada a
victory for free
speech or defeat
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# Signs leave seeing double



#### Larocque was Ward 3 alderman from 2004 to 2007 • Four candidates vying for Ward 3 in 2010 election



Confusing? Yes. Misleading? No.
Ward 3 constituents

have found two aldermanic election candidates vying for re-election, which has led to some confusion in the area.

Michelle Liu said she thought it was "odd" that both current Ald. Jim Stevenson and former alderman Helene Larocque are seeking "re-election" through their signs.

The number of communities that Ward 3 spans.

"I had to do a doubletake and think about it for a second. I'm not sure if there are rules, but it defi-nitely seems like there should be in this case," she said.

But Stevenson shrugs off the signs as perhaps an attempt for Larocque to "save some money."

"It may be a little confusing and we have gotten some calls to our office about it but I don't think it's a deliberate attempt to confuse people on her part," Stevenson said.

Larocque said she choose to go with the "reelect" signs to let people know she was at one point the area alderman, and also to be environmentally conscious in re-using the signs. "We're not trying to confuse people. The term re-elect does not only apply to incumbents," she added.

## **Curtain falls on** 'successful' CIFF

It started with a bang — and ended with a bigger bang.

Organizers of the Calgary International Film Festival are ecstatic with the success of this year's event, as the 10-day festival wrapped up yesterday.

"I think it was very, very successful this year, both in terms of audience and getting people out who haven't been to the festival before, which I'm really proud of," CIFF executive director Jacqueline Dupuis

Dupuis was even happier to note that there was an expected five per cent

#### **Key facts**

- "Only the best films made it," say film festival organizers.
- CIFF's "hot spots" were a hit, according to organizers.
- There were 50,000 tickets available.
- Popular musician Hawksley Workman played at the opening gala.

increase in audience figures and ticket sales this

"It's exciting because we kind of expected it to be flat because of the reces-

280 More than 280 screenings took place over 10 davs.

sion," she added. Self-professed film buff Melody O'Neil took in a half-dozen films, and en-

joyed most of them.
"I did take a chance on a couple, and they were great films, but a bit out there. But that's the best part about the festival, right?" O'Neil said.

Official numbers aren't in yet, but officials say about 40,000 moviegoers attended the festival.

♠ KRISTA SYLVESTER

#### On the campaign trail



#### **Craig Burrows**

The former Ward 6 alderman said his first act as mayor would be to ask the Alberta Auditor General to investigate the "City Audit Fiasco" in his bid to bring transparency to city hall. "Let's get to the bottom of the audit fiasco and make sure it never happens again," said Burrows.



Busy' is the word to describe Hawkesworth's campaign over the veekend, as the former Ward 4 alderman took aim at Barb Higins and her P3 suggestion for the airport tunnel. Hawkesworth sisserts it could cost Calgarians \$16 per trip to use a tunnel built vith P3 cash. Hawkesworth also rallied SW Calgary residents where concerned about a ring road deal.



In response to critics who said there was no substance to her campaign, candidate Barb Higgins released a detailed policy platform Friday. Higgins said this is an expansion in details on the seven policy priorities with which she launched her campaign.



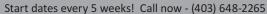
art said the "arrogant, dictatorial attitude" of some city serv-like parking, will change if he's elected. Stewart honed in on omer service and city management. He said he'll also look at n-essential city services to see if they could be outso ate better service and fewer costs.

COMPILED BY DARREN KRAUSE

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### Ward 6, meet your camdidates

Metro spoke to the candidates running in Ward 6 to find out who they are, what they do, where they stand and why they feel they deserve your vote.

#### **Rad Dimic**



Sarajevo for 11 years; cab driver in Calgary for 13 vears

Age: 53
No. 1 issue: "Returning honesty, dignity and transparency to city hall.'
Why run?

that I met 'People through my job urged me to run. Because of that, I am the people's choice. It is time for changes — Rad means radical changes. Only together we can make it happen. I am not doing this for the money; in fact, I would be alderman of Ward 6 on a volunteer ba-

#### **Brent Mielke**



Community association president, stay-at-home parent Age: 38

"Improving management of our business, and ensuring we have clear

Why run?

"I'm running to bring a more balanced approach to council, in place of the polarized debates we've seen from the past three years that simply don't work to address the challenges Calgary faces. I believe in a collaborative approach that affords all interest groups and communities an opportunity to participate in finding solutions.

#### **Randy Royer**

Hotel investor Age: 55 No. 1 issue:

"Traffic. It needs a new plan in Ward 6, and Sierra Morena Drive needs to be fixed?

**Why run?** "Government must be brought back into control, both in its spending and its lack of service. And if we can't fix it here in Calgary, the most enterprising and best-educated city in Canada, then where can it happen?"

#### **Coral Turner**



Mom. artist. volunteer Age: 49 1 issue: The open



and transparent communication/dialogue between the community and city hall."

Why run?

want to give back something to communities that have supported and encouraged my family and me over the last 17 years.'

#### Tom Malyszko



Patent trade-mark agent. No 1, issue: "Property

taxes." Why run?

"Excessive property-tax increases from 2008 (through a recession) highlighted that:

1) Calgary infrastructure was not being built for future capacity, and so huge money is and will be wasted to redo recently completed projects.

2) Projects are always over budget and late, and about 50 per cent are single-sourced.

3) The auditor must not be fired for doing her job. The auditor needs to be beefed up, not declawed.

4) The city pays more attention to special interests than citizens, and so campaign-contribution rules must be tightened to avoid abuse. That is why my campaign is self-financed."

#### **Henry R. Sims**



Calgary Transit Driver Age: 42 No. 1 issue: "Accountable government."

Why run?

'I am tired of complaining on the sidelines. It's time to do something about the issues.

#### Richard **Pootmans**

Senior business development manager with Calgary Economic Development



No. 1 issue: 'Solving complex and major traffic

issues. particularly in Ward 6,

such as Highway 8." Why run?

"I have more than 25 years of entrepreneurial experience, which makes me uniquely qualified to represent Ward 6 on city council I've listened to the residents of Ward 6 and I am committed to restoring the confidence that Calgarians expect to have in their city council."

#### **Ken Rogers**



Project manager Age: 56 No. 1 issue: Traffic Why run?

"Our ward is in a major transition with the west LRT, new and old neighbourhoods and we have lost our voice at city hall. With all the construction challenges in the ward the residents need a strong voice to ensure our current quality of life continues.'

#### **Robert Wills**



Municipal government employee Age: 44 No. 1 issue:

"We have to

reduce spending. Why run?

"I'm tired of our taxpaying dollars being spent irresponsibly."

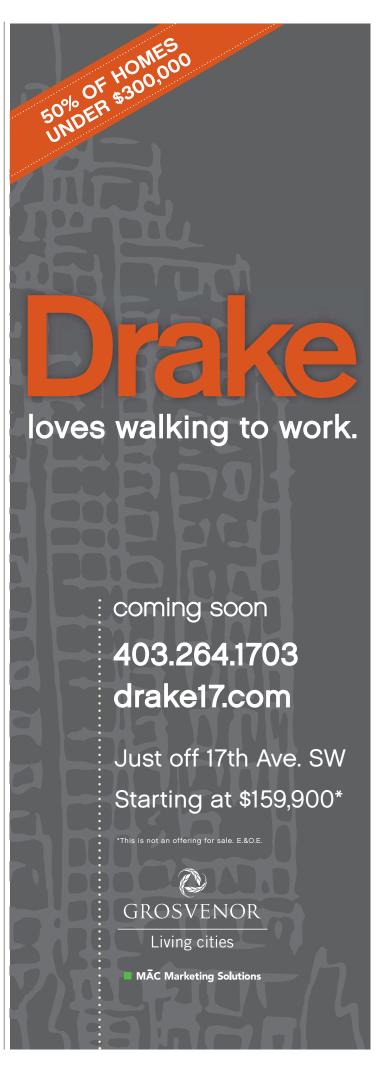
#### **Tohn Yannitsos**



Self-employed Age: 49 No. 1 issue: Governance/ accountability. Why run?

"As a former president and chairman of the board of two public companies and current president of the Hellenic Community of Calgary with a strong charitable history, I was asked by those who know me the best to run, as it seemed to be a logical extension of my charitable, community and governance background. They know me to be a person who cares.'

COMPILED BY KATIE TURNER





#### CONTRACTS SHOW

#### "ONGOING SECURITY **DEFICIENCIES**"

A pair of internal government reports confirm there have been repeated security failures in contracts involving secret technology and classified information, including confidential military blueprints.

The reports, sup-pressed for almost two years, buttress some initial findings by the auditor general in 2007 but suggest the problem has been even more widespread than first report-

One of the newly re-leased reports, commissioned by Public Works from the consultant firm Deloitte and Touche, examined 181 contracts that required tight security clearances for firms providing equipment and services to the federal government. Some were awarded to military contractors, such as McDon-nell Douglas Corp. and Thales Canada Ltd.

Deloitte found that 87 of them had "ongoing se-curity deficiencies" bekey security cause elements of the contracts were not enforced or monitored properly.

"Unless these ongoing deficiencies are resolved, there is an ongoing risk that a security breach could occur," says the No-vember 2008 document.

A second Deloitte report, into 153 so-called standing offers, found similarly sloppy security arrangements for 80 of

Auditor General Sheila Fraser examined a sample of 86 similar contracts in 2007 and found 24 of them proceeded without the required security clearances and checks. THE CANADIAN PRESS

# Galloway vs. Jason Kenney

Former British MP was denied entrance to Canada because of his support of Palestinian group Hamas 🕩 Says Kenney branded him a terrorist

British firebrand politician George Galloway is challenging Canada's immigraminister to high-noon style showdown and is vowing to make good on a threat to sue him.

Galloway is challenging Jason Kenney to a public debate and said he would be prepared to stand outside the minister's constituency office in Calgary until he gets one.

In a speech in Toronto yesterday, Galloway also said he would make good on a threat to sue Kenney for slandering him in front of the world by branding him a terrorist.

Galloway says it caused

him "18 months of hell." Kenney pulled the wel-come mat on Galloway last year because of the former British MP's financial support to the Palestinian group Hamas, which the federal government considers a terrorist organization.

Galloway was planning to come to Canada for a speaking tour, but decided not to because he thought there was little chance he would be admitted.

The Federal Court of Canada turned down an appeal from Galloway's supporters, but criticized the way the Conservative gov-ernment dealt with Galloway. Galloway said he will



spend any money he wins from a lawsuit against Kenney toward building an anti-war movement Canada.

Yesterday he delivered the speech he was originally forced to deliver by the internet after being initially prevented from entering Canada in March 2009. THE CANADIAN PRESS

#### 911 calls through the roof

Police in Barrie, Ont., are asking people to make sure cellphones in their pockets don't accidentally dial 911 after officers responded to 15 false calls over a 14-hour period Saturday.

Many were phantom calls that came from unlocked cell phones in people's pockets or purses.

Police are reminding people that the calls unnecessarily tie up resources meant for emergencies only. The canadian press

# **COMMUNITY<sup>2</sup>**



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- 4. BIOTHERM Age Fitness 2 x 1 mL.
- **5. CLINIQUE** Moisture Surge $^{\text{TM}}$  Extended Thirst Relief, 15 mL.
- 6. CLARINS Stretch Mark Control, 30 mL.

- 7. LANCÔME Juicy Tubes Ultra-Shiny Lip Gloss. 8 g (colours may vary).
- 8. CALVIN KLEIN euphoria men. 1.2 mL Eau de Toilette spray.
- 9. CALVIN KLEIN euphoria. 1.2 mL Eau de Parfum spray.
- 10. ESTÉE LAUDER pleasures Bloom.
- 11. PACO RABANNE 1 Million. 1.2 mL Eau de Toilette spray.
- 12. PACO RABANNE Lady Million. 1.2 mL Eau de Parfum spray.

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# U.S. warns terrorism threat high in Europe

State Department advises Americans in Europe to be vigilant in public places Terror threat high in France and Germany: British Foreign Office

#### **Terror threat**

The alert is one step below a formal travel warning advising Americans not to visit Europe.

- U.S. and European security experts have been concerned for days that terrorists may be plotting attacks in Europe with assault weapons on public places
- U.S. intelligence officials believe Osama bin Laden is behind the terror plots to attack several European cities.
- If true, this would be the most operational role that bin Laden has played in plotting attacks since Sept. 11, 2001.

The Obama administration yesterday warned Americans of potential terrorist threats in Europe and urged them to be vigilant in public places, including tourist spots and transportation hubs.

A State Department

travel alert advises U.S. citizens living or travelling in Europe to take more precautions about their personal security.

"Current information suggests that al-Qaida and affiliated organizations continue to plan terrorist attacks," it said.

"European governments have taken action to guard against a terrorist attack and some have spoken publicly about the heightened threat conditions.

THE ASSOCIATED PRESS

#### Foreign Affairs

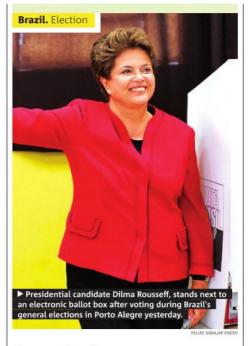
#### CANADA REACTS TO TERROR THREAT

Foreign Affairs said yesterday it was closely monitoring the security situation in Europe.

The announcement came hours after the United States warned Americans of potential terrorist threats in Europe. The department said Canadians in Europe should be aware of their surroundings at all times, monitor local news reports, follow the advice of local authorities, and take appropriate steps to ensure their personal security.

It encouraged
Canadians to regularly
consult the government
website for updated information and to register
with the Registration of
Canadians Abroad service
in order to receive the latest advice.

THE ASSOCIATED PRESS



#### Female front-runner

Official vote returns indicate Brazil's leading presidential candidate Dilma Rousseff has been forced into a second-round runoff. She is the hand-chosen successor to popular President Luiz Inacio Lula da Silva and has been the election's front-runner.



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# Despite gains, economy still slow to recover

• Manufacturing sector expanding, but at slower pace than September • Job creation remains tentative

Stock markets will likely have a tough time extending the strong growth of September into this month after data from the U.S. manufacturing sector reminded investors that the economic recovery remains choppy and job creation remains tentative.

That's dull news for investors looking ahead to the major economic event for this coming week, the U.S. non-farm payrolls report for September. Canadian employment data for September will also be released on Friday.

"The overriding theme in the next few weeks might be mild disappointment, since good news

seemed to have been priced in in recent weeks," said BMO's deputy chief economist Doug Porter. "October is usually no treat for investors either. It's usually got its fair share of extreme volatility."

North American stock markets enter October trading with strong gains from September, which has the reputation of the worst trading month of the year.

Mostly positive readings from economic data on U.S. manufacturing, home sales and jobs resulted in the Dow Jones industrial average having a strong September.

THE CANADIAN PRESS

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#### Looking ahead

The Dow Jones industrial average had its best September since 1939 with a gain of 7.7 per cent.

- Falling index, But sentiment weakened when the Institute for Supply Management's manufacturing index fell to 54.4 last month from 56.3 in August.
- Economy. StatsCan reported the domestic economy shrank by 0.1 per cent in July.
- Employment. Canada cranked out 10,000 jobs in September, compared to 35.800 in August.



### A healthier Happy Meal for kids?

A proposed city ordinance would require McDonald's to either stop putting little toys for kids in Happy Meal boxes, or make them healthier by adding fruit and vegetable portions and limiting calories.

# Flavoured tobacco law being flouted: Critics

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# moment

(\$81.58 US)

## **Quebec to** debate gas

Environmental hearings begin in Quebec today into the risks of tapping a 5,000-square-kilometre energy source one federal document calls an energy "game changer.'

The public hearings could be raucous given that tempers have already flared over Quebec's push to exploit natural gas reservoirs buried under the St. Lawrence River lowlands. The proposed endeavour to unlock gas from the shale has ignited boisterous protests in re-

THE CANADIAN PRESS

Tobacco companies are being accused of skirting highly publicized federal legislation — announced by Prime Minister Stephen Harper — designed to keep kids from getting hooked on flavoured cigarettes.

Importers of cigarillos that come in flavours like vanilla, strawberry and peach have changed the size and characteristics on their product in order to get them in the country.

One anti-smoking advocate describes it as a direct reaction to the law and an attempt to circumvent it. "It's a game of cat and mouse," according to Rob Cunningham of the Canadian Cancer Society. He's concerned about the impact of the continued sale of the cigarillos.

During the 2008 federal election campaign, Harper promised to take action against tobacco marketing practices that targeted young people. That led to a federal law which received support from all political parties and which came in-

last July 5. The law defines little cigars as any product that weighs 1.4 grams or less

to force at the retail level

and uses a cigarette filter. So the cigars are now slightly heavier and the filters are gone. Casa Cubana, a Montreal

importer, maintains its products remain legal because they do not qualify as "little cigars" under the new federal definition.

### Steel Town takes a hit

U.S. Steel Canada is shutting down its Hamilton, Ont., blast furnace indefinitely starting today, citing poor market conditions and slumping demand.

The Pittsburgh-based steel giant said the estimated 300 to 400 people affected will be shuffled to other parts of their steelmaking operations, including coke ovens and galvanizing lines.

The news has raised concerns that it's another blow for the city's once booming industry that gave it the moniker Steel Town.

Trevor Harris, spokesperson for U.S. Steel Canada, formerly Stelco, said he didn't know when operations would start up again. "I can't speculate on when market conditions

would improve enough to necessitate a restart.'

Talks have been going on since May, and the company was supposed to be coming back to the table with a new proposal. But instead, last week, the company asked for a provincial conciliator considered a last-ditch effort in negotiations.

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## FEELING AT HOME WITH THE CANDIDATES

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#### **JANICE** PASKEY



True, there was the guy who lifted his pant leg to reveal red marks.

ed bugs? he asked. Maybe, I reply, munching on a piece of aged gouda cheese.

It's intimacy like this you get at candidate house parties.

This one is in Edgemont for Ward 4 candidate Gael MacLeod. There's wine, cheese and

friends from my book club. MacLeod speaks, mingles. Her manager asks for money. Welcome to good, old-fashioned campaigning.

Ward 4 has 11 candidates. MacLeod's strategy is a house party, SuperStore meet-andgreets, and open houses.

I ask her campaign manager about Twitter. "Does anyone

know if Twitter actually brings out votes?" she asks.

Ric McIver's campaign manager, Sam Armstrong, wonders the same thing. He prefers house parties to Twitter and debates.

"You have an intimate environment with people predisposed to your candidate. They leave and there's a ripple ef-fect," says

Armstrong No candidate

can match the Twitter king, Naheed Nenshi. But he's house-partying like crazy, too. On Friday, the

mayoral candidate was in Scarboro.

It's a community that Nenshi has accused of being BANANAs Build Absolutely Nothing Anywhere Near Anyone

"Our precious

democracy

begins, first, in

conversation,

at home."

(nenshi.ca/new/inclusive-zoning).

The host is a friend, and I bring another friend, an African immigrant, who works to raise money for grandmothers with AIDS orphans. She wants to hear

about social issues

In front of the fireplace, Nenshi makes an articulate speech: Part policy, part jabs at his opponents.

Current city

council? "Truly awful." City auditor? She found cost overruns on every project she audited. Suburbs? It costs the city \$10,000 per home in costs never recovered by taxes.

He wants an airport tunnel for the city's third-largest employment area, and identifies a

reserve fund that would pay for it. He mocks the city's idea of building an LRT adjacent to the

airport, not to it. Nenshi questions city council priorities: Two years spent discussing closing two lanes of Memorial Drive?

He fields an aggressive question about raising taxes. Nenshi won't promise not to ("if any candidate tells you that, they're lying"), and argues for an 'adult conversation" about prior-

At the end, my friend tells me she wants to invite Nenshi to her house for a party "not like this one. With people I know," she laughs. "And not to talk about

Most of the electorate isn't on Twitter. Our precious democracy begins, first, in conversation, at

#### Cartoon

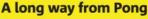


# Interactive injuries



Interactive video gamers should exercise some caution to avoid injury to themselves and bystanders, say researchers who have studied U.S. data on a broad range of injuries among traditional and interactive gamers.

Researchers from the Children's Hospital of Philadelphia aimed to determine and define the types of injuries caused as a result of participation in both traditional and interactive video games. The findings were to be presented today at the American Academy of Pediatrics National Confer-ence and Exhibition in





San Francisco.

Researchers found that, when compared with the traditional group of gamers, participants in the interactive group were significantly more likely to injure their shoulder, ankle and foot. The group of interactive gamers was also significantly more likely to sustain a confusion or abrasion.

sprain or strain.

THE CANADIAN PRESS

But there were reported problems among those playing traditional games that were notable, too. All 65 seizures, all eight cases of eye pain or visual disturbance and all but one of the 24 reported neck injuries were sustained by those in the traditional group.

What's your favourite fall activity? **Email** calgaryletters @metronews.ca **Twitter** @metrocalgary

Metro has the right to edit letters and submissions.

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## **Metro Minute with** fire prevention

If you've got a minute today, Calgary, be sure to inspect the smoke detectors in your home and change the batteries if needed.

Today marks the start of Fire Prevention Week, and this year's event is geared around making Calgarians understand the importance of having a working smoke detector in their home.

According to the Calgary Fire Department, statistics show fewer deaths or serious injuries occur in households where smoke alarms are installed and maintained.

The Calgary Fire Department will be going around to city homes today to check the condition of existing alarms.

METRO CALGARY





# scene

# TEDx speakers swing into action

◆ Community-organized conference brings together ideas for change ◆ Social leaders — from author to film producer — offer roadmaps for moving things forward around you





Movie fans are spending some face time with a story about the founders of Facebook. The Social Network, a drama about the quarrelsome creation of the juggernaut, debuted as the

No. 1 weekend film with \$23 million.

THE ASSOCIATED PRESS



undated and taken out of Egypt.

Scan code to read mor

JESSICA LEWIS SCENE@METRONEWS.CA

More than 12 social leaders gathered last Thursday to speak at the second annual community-organized

TEDx conference, bringing ideas on leadership, health, charity, politics and passion to one stage.

This year's theme was "A Call to Action," and the underlying message from the speakers was that in order to make any difference in the world, change must start with one person: you. Here are some of their ideas.

#### Drew Dudley, founder of Nuance Leadership Inc.:

Dudley believes we shouldn't try to change the whole world, we just need to change our part of it. "We've made leadership into something bigger than us, something beyond us, we made it about changing the world. We've taken the title of leader and made it into something that one day we're going to deserve."

#### Sol Guy, film producer, K'Naan's manager, and creator of MTV's 4REAL:

Guy expressed the importance of people, the planet and profit, but the biggest "P" he pushed was passion. "How do you give real change? I think you need to be a better human, because living is giving. You've got to show up













every day, passionate.'

## Amanda Sussman, senior advisor to Plan International, Canada:

Sussman questioned: if you can do one action, how can you make sure that it has a chance of moving something forward? "I believe change does happen, but it happens in small steps ... If we want [politicians] to truly represent our views, we have to make them known loud and clear."

Trey Anthony, creator and star of GlobalTV's da Kink in my Hair:

#### Three D effect

Dr. Catherine Zahn, CEO of the Centre for Addictions and Mental Health (CAMH), delivered a heartwarming speech on mental illness that can be considered in other areas as well. "I want you to discover, discuss and

Besides doing what you love or quitting the job you hate, she urges you to leave the world in a better place than when you showed up. "Dream beyond your circumstances.

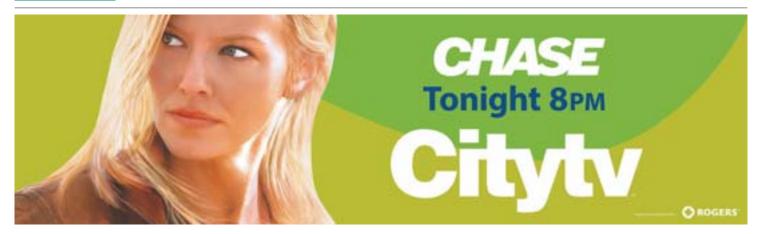
demand," she said. "Learn more about mental illness and the issues that people face. Talk about it to everybody, and listen to people who have these

experiences. Demand that great social injustice that sits on people with mental illness is rectified."

Break out of the box that they've put you in, that you've put yourself in."

Neil Pasricha, bestselling author of The Book of Awesome:

Look at things like you are looking at them for the first time, it will bring out new experiences and open your eyes to the good that is already there or could be. "If you live your life with a great attitude, with a sense of awareness of the world around you, embracing your inner threeyear-old and authentic to yourself, letting your heart lead you and putting you in experiences that satisfy you, then I think you'll live a life that is rich and satisfying. I think you will live a life that is truly awe-



metronews.ca metr@scene MONDAY, OCTOBER 4, 2010

# World Cup full of winners

#### Despite some flaws, the Homeless World Cup is changing lives A way to halt a downward spiral

In some ways, Dave Bidini found writing a book about the Homeless World Cup a little like booting a ball into a wide-open net — it simply

#### Route to change

The Homeless World Cup launched in Graz, Austria in 2003 with the aim of using soccer to encourage the homeless to change their lives. The 2010 edition just wrapped in Rio de Janeiro, Brazil.

70 per cent Organizers of the tournament say that 70 per cent of the players who participate experience a "significant life change," whether it involves kicking a dependency to drugs and alcohol, finding a home or job, repairing damaged relationships or pursuing an education.

wasn't hard to find compelling stories.
"It was like walking into

a living novel," said Bidini, the author of Home and Away: In Search of Dreams at the Homeless World Cup of Soccer, during an interview this week in Toronto.

"You had 600 street soccer players from around the world, all with these completely divergent yet kind of universal experiences coming together. It wasn't hard. And a lot of my job was really eavesdropping."

Bidini, author and former guitarist for the Rheostatics, trailed Canada's four-person entry to the 2008 event in Melbourne, Australia.

Canada's squad included Krystal, a teenage runaway from Toronto's hardscrabble Regent Park neighbourhood, Jerry, a pudgy seat-cushion salesman, and Billy Pagonis, a former

member of Canada's national soccer team who saw his professional career deteriorate as he became addicted to OxyContin cocaine.

"What surprised me was how ... like you and I the players were," Bidini said. With a little bit of bad luck you can descend like

Bidini was initially skeptical that the tournament could make a real difference until he witnessed the restorative power of soccer in person.

"I thought those numbers were stretched a little bit, but seeing the experience of the Canadian team firsthand, those numbers are really accurate," Bidini

"The four athletes who went to Melbourne for the tournament all appear to be doing really well.

Pagonis, for instance,



has been clean for more than two years. He's reconnected with his parents and shares a home with them in Toronto.

Krystal, who emerged as one of the most talented players in the tournament, came home to finish highschool and is playing soccer

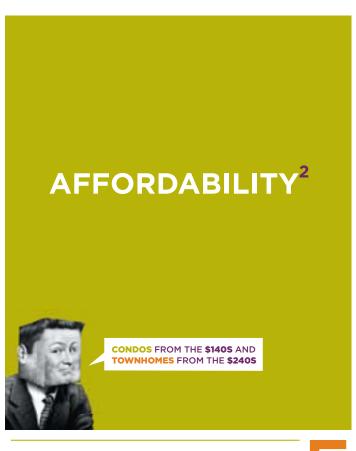
professionally in Toronto. Still, Bidini has concerns

with the larger Homeless World Cup. The Canadian team brings players regardless of their abilities -Bidini puts it, "they bring players who are going to benefit most from the experience, and maybe if you can play a little soccer, that's great."

But other countries have taken a more competitive approach, and as a result, lopsided scores are common — as an example, Canada lost its opening match to Ireland this year 14-0.

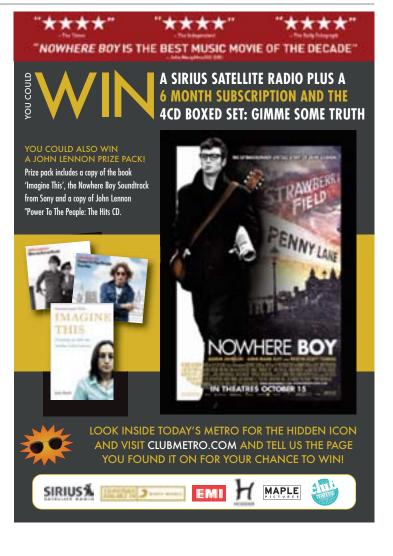
It's an issue organizers will need to confront, Bidini says. "It's a tough one. They have to figure out a way to deal with that."

THE CANADIAN PRESS









# Model Klum quits Victoria's Secret

 No reason given for split with lingerie line
 Klum working on own collection

Heidi Klum is hanging up her wings.

The supermodel said Friday that she is ending her work as part of the Victoria's Secret stable of models, dubbed angels, at the age of 37.

Last year, Klum walked the lingerie retailer's runway just five weeks after giving birth.

No reason was given for the split, but Klum said she would focus on other projects. The Project Runway host is also creating an activewear collection with New Balance, to be sold on Amazon. THE ASSOCIATED PRESS



#### Producer Cannell dead

**OBIT.** Stephen J. Cannell, the writer-producer of dozens of series that included TV favourites The Rockford Files and The A-Team, has died at age 69. Cannell passed away at his home in Pasadena, Calif., Thursday. **THE ASSOCIATED PRESS** 



# R&B singer accused of assaulting mom

R&B singer and former Dancing with the Stars contestant Mario has been charged with assaulting his mother at their Baltimore home. Officers were called to an apartment building in

the Fells Point neighbourhood early Friday, where police say Shawntia Hardaway told officers her 24year-old son, Mario Barrett, had pushed her.

THE ASSOCIATED PRESS

#### **Talking points**

## Who's afraid of the press?

HEADLINE WATCH. Former Grey's Anatomy star Katherine Heigl says she's happy to make headlines, but stories

about her in the media are often exaggerated.

Heigl says she doesn't have "any major problem" with what's written about her. But she adds that she tries to keep her perspective so she doesn't believe her own press.

THE ASSOCIATED PRESS

## Another Paris reality show

TV. Oxygen is putting Paris Hilton back on the air in another reality series documenting her life. The network said this week that the series is so far untitled and will be an all-encom-

the series is so far untitled and will be an all-encompassing look at the hotel heiress' friends, family and relationships.

The series has not yet begun production. No premiere date has been set. Her previous TV series have included The Simple Life and My New BFF.

Oxygen is a unit of NBC Universal, which is owned by General Electric Co. THE ASSOCIATED PRESS

#### Just veggies? No, thanks

CANDIDATE TALK. Delaware Republican Senate candidate Christine O'Donnell once told a TV interviewer that she tried several religions but skipped becoming a Hare Krishna because she didn't want to be vegetarian. Bill Maher aired the

Bill Maher aired the clip of that July 9, 1999, interview with O'Donnell on Friday night on his show Real Time with Bill Maher.

The short clip was from an interview on the comedian's former show Politically Incorrect.

O'Donnell tells Maher that she had dabbled in "every other kind of religion," including witchcraft and Buddhism, before becoming a Chris-

With a laugh, she said: "I would have become a Hare Krishna, but I didn't want to become a vegetarian. And that is honestly the reason why, because I'm Italian and I love meatballs."

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Paris Hilton



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# Sife

Pets

#### Get ready for puppy tweets

So your dog follows your every move around the house. Now, when you leave home, you can follow your dog. Puppy Tweets is an electronic dog tag with a sensor that you attach to your doa's collar. It detects your pet's movements and sounds and sends a variety of tweets to a Twitter page you set up for your dog on a computer or smart phone. THE ASSOCIATED PRESS



Studies say beetroot juice could help athletes exercise longer. Scan code for more.

# Never take fire safety lightly

• Sparky says: Replace old smoke alarms and never remove batteries!

Smoke alarms can, and do, save lives. Be sure to keep yours in working order.

During Fire Prevention Week, which runs through to Oct. 9, Sparky the Fire Dog teams up with firefighters and school teachers to encourage smart fire safety habits that save lives.

Smoke alarm tampering is at the top of Sparky's "no-no" list. Taking batteries out of a smoke alarm, or removing it from the ceiling when it goes off because of cooking smoke or shower steam, puts a fami-

ly at serious risk. Canadian research shows that more than 50 per cent of people who tamper with their smoke alarms forget to later re-install the batteries or the alarm itself. This leaves them without early warning should a fire break out.

"A smoke alarm doubles your chance of escaping a fire," says Carol Heller, a home safety specialist at Kidde, Canada's leading fire protection company.

"If nuisance alarms are a problem, check to see that you have installed the correct type of smoke alarm in each location on every storey of your home. That way, false alarms can be reduced significantly. And remember to only buy smoke alarms that have a push-button or remote control "hush" feature. This allows you to easily silence a false alarm and still stay safe while the smoke clears." News Canada

#### Replacements

Sparky's other top fire safety tip is to replace old smoke alarms. Over time, sensors become coated in dust and other airborne particles and sensitivity may be lost. So whether they are battery operated or wired into your home's electrical system, Sparky and the National Fire Protection Association say replace all smoke alarms after 10 years.

Calgary Counselling Centre

# Have a fire escape plan?

It's easy to think a fire "will never happen to me." But if it does, will everyone in your family know what to do?

The Canadian
Association of Fire Chiefs
and its fire education partners Kidde Canada and Duracell will encourage all
families to create and practice a fire escape plan as
part of the Great Canadian
Fire Drill campaign.

Statistics show that most fires start at night, when sleepiness and darkness cause confusion and reduce reaction times. That's when having a plan to escape — that has been practiced by all family members — becomes critical.

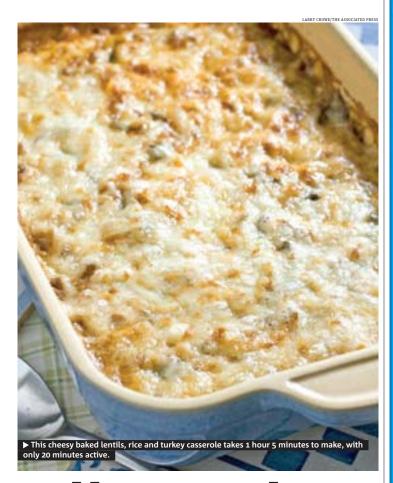
Educational experts have collaborated with the CAFC to compile these fire escape plan tips: • Draw a floor plan that

- Draw a floor plan that shows all doors and windows.
- Mark two ways out of each room, if possible.Mark the location of all
- smoke alarms with "SA."
  There should be one smoke alarm on every storey of your home and outside sleeping areas. Make sure children recognize the sound of a smoke alarm.
- Test each alarm, replace batteries if necessary. Replace immediately any smoke alarm that is over 10 years old.
- Pick an outside meeting place e.g. "the large tree on the Wilson's front lawn five houses down" and mark it on your plan.
- Practise the escape plan twice each year.

  NEWS CANADA







# Fill up to lose some fat Cheesy Baked Lentils, Rice and Turkey

Low-fat soups especially varieties that are loaded with nutrient-rich vegetables, are an excellent way to go if you're looking to lose fat. They are both fill-ing and low in calories

. Vegetables, besides being loaded with vitamins and minerals, primarily consist of water and fibre, which help to curb hunger.

And if you add grains, such as rice or whole-wheat pasta, you get lots of soluble dietary fibre, which have been shown to be appetite-satisfying, while also helping the body maintain healthy blood sugar levels.

Low-fat proteins, such as white-meat chicken and turkey, tofu, low-fat turkey, tofu, low-fat cheese and yogurt, also help to fill you up. Beans and other legumes, such as lentils, are an excellent source of both rib-sticking protein and fibre.

This cheesy baked lentils, rice and turkey casserole is a heartwarming comfort dish that contains a little bit of all these

foods

Lean, ground turkey and rice are combined with canned lentil soup, which in the twist of a can opener provides protein, fibre and flavour to this dish. The recipe calls for fresh spinach, but sauteed Swiss chard or broccoli could be substituted.

#### Cheesy Baked Lentils, Rice and Turkey Casserole **Preparation:**

- Heat oven to 200 C (400 F). Coat a 2-l (8-cup) baking dish with cooking spray.
- In a large skillet over medium-high, heat oil. Add turkey and onion and saute until turkey is no longer pink, about 5 minutes. Add spinach and saute for another minute. Transfer mixture to prepared baking dish.
- Add soup, rice, thyme, salt, pepper and water. Stir to combine. Cover baking dish tightly with

#### Casserole Ingredients:

- 5 ml (1 tsp) extra-virgin olive oil
- 250 g (8 oz) turkey breast, cut into bite-size cubes
- 1 small yellow onion,
- chopped 500 ml (2 cups) fresh
- spinach, packed
- 1 can (540 ml/19 oz) lentil soup
- 175 ml (3/4 cup) converted (parboiled) brown rice
- 2 ml (1/2 tsp) dried thyme
- 2 ml (1/2 tsp) salt • 1 ml (1/4 tsp) ground
- black pepper 50 ml (1/4 cup) water
  125 ml (1/2 cup) grated
- reduced-fat Swiss cheese • 125 ml (1/2 cup) grated extra-sharp cheddar cheese
  - foil and bake for 40 minutes or until rice has absorbed all the liquid.

Uncover and sprinkle with both cheeses. Bake for another 5 minutes or until cheeses have melted. Makes 4 servings.

THE ASSOCIATED PRESS

# HOME PHONE LINES STILL overpaying for your **Home Phone Line?** I Saved Over \$500 Last Year with Comwavel Jennifer, Kamloops Caller ID Voicemail Call Forwarding Call Walting Keep Your Existing Phone Number TIME IS RUNNING OUT! DON'T DELAY CALL TODAY AND GET O DAY FREE TRIAL SATISFACTION GUARANTEED! KEEP YOUR EXISTING PHONE NUMBER!



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#### QUESTION:

My dishwasher recently died. How can I choose an energy-efficient model and then get rid of my old clunker?

David from Calgary, AB

#### GET INTO A NEW CYCLE OF DISHWASHING

et's cover the often-overlooked issue of disposal first.

Most cities have largeitem pick-up or drop-off that programs run throughout the year. Always check your city's website.

You're in Calgary, so I went straight to its website. Calgary has a Throw 'n' Go program with facilities set up at the en-trance of all three city landfills. They'll accept your appliance for charge. You may want to inquire about the disposal fee by calling 3-1-1.

When it comes to all types of appliances, look for the Energy Star logo. Energy Star is an Ameri-



can-based program, but here in Canada, federal law requires that the EnerGuide label be placed on all new electrical appliances manufactured in or imported into Canada.

This label indicates the amount of electricity used by that appliance. When you're looking at display models, find the Ener-Guide label to compare the energy use of similar models and estimate an-

nual operating costs.

And last but not least, don't overlook the type of soap you'll be using in your new dishwasher. If you haven't switched to an eco-friendlier option phosone without phates or chlorine — now's the time. How will you know it's free of harmful chemicals? Choose a soap that has all the ingredients listed on the label. You'll be surprised at the lack of transparency which will make your decision quite easy.



David Suzuki Foundation

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# Great lawns, green methods

Flawless lawns don't exist naturally What to do to get a professional looking landscape without harming the environment

The trend in so many home projects these days from growing vegetables to hanging out the laundry - is toward doing it yourself, going green, simplifying. But anyone who wants to take that approach to lawn care had better be ready for research and hard work.

The lawn turns out to be a humbling, non-relaxing, never-ending project served by a conflicting mess of information, intentions, guilt and crazy internal accounting. It's not so easy to decide:

#### Do you do it yourself, or go

came clear that most of our neighbours employed professionals, who careened around on noisy, air clogging, gas-guzzling power mowers and planted ominous yellow flags warning of herbicide use. Surely, I reasoned, lawn maintenance was not so difficult or important that we couldn't care for our little lawn without poisoning the entire neighbourhood.

By the next summer, our fragile lawn was sprouting crabgrass and harbouring grubs.

#### Can you be ecological and effective?

For a few years, our greenish yard was ecologically sound, though it lacked the professional sheen of the neighbouring lawns. The gardener, who was more of a mower and self-proclaimed pert, suspected my no-toxins rule was to blame. There were some inex-

pensive, innocuous solutions for weeds, like vinegar or lemon juice; wouldn't it be virtuous to use those?

Here's the problem: Virtue is time consuming and labour intensive.

If I stand on my neighbour's beautiful, if toxic, grass and look at mine. I am ashamed of my raggedy lawn. I guess a flawless lawn just doesn't exist naturally, but good practices will minimize the need for chemicals.

THE ASSOCIATED PRESS

#### **Cow manure**

Give it a try

Use cow manure for fertilizer as it has a preemergent herbicide in the spring, which prevents seed germination.





# Electricians make right connections

Attitudes have changed over time OGood electricians never stop learning



When Will Demelo was growing up his parents used to say that if he didn't work hard in school he would end working as a tradesman.

Demelo did work hard in school, but he ended up becoming a skilled trade anyway. Over the years he has watched as attitudes about the multitude of professions that fall under the category "trades" have changed.

"A lot of people are changing their views on trades, especially those like plumbers and electri-

cians.
"It's a great way to make a living, different every day and there will always be a need for electrical workers," says Demelo, who is a skilled electrician. At 44 years-old and with almost half of his life dedicated to the profession — the last dozen as co-owner of an Oakville-

"People are really starting to understand and appreciate the value of skilled labour.' WILL DEMELO

Demelo would know. The process of becoming a qualified electrician is pretty straightforward, not to mention financial

based service and industri-

al installation company

rewarding. After completeing post-secondary training, an apprentice-ship and certification, technicians can earn about \$60,000 per year in salary, before overtime is calculated.

Many prospective candidates still wonder what needs to be done to join the ranks of what are often call wiremen? Demelo has some pretty simple advice.

"Think about what you want to do," he states. "Do you want to specialize and maintain industrial machines when they break down? Do general work on construction sites and homes? Decide on what area you want to work in, then look for a school that you like."

He suggests conducting research on the vast num-ber of facilities — both public and private colleges that offer courses online or in-class for duration. topics and ratings, as they vary widely. Courses generally run anywhere from a few weeks to a number of months

Once sessions have completed, expect to complete a minimum nine thousand hours of in-field apprenticeship before testing to attain a Certificate of Qualification.

Applicants must attain 70 per cent or higher on their test in order to enter the workforce. At that point they can choose to either go out on their own or become a member of the International Brotherhood of Electrical Workers (IBEW) union.

Those wishing to start their own business may also get training to become what's called a master electrician. To that extent, Demelo notes that regardless of status, good electricians never stop learning.

"Once you have the basics down, it applies to most facets of this trade but there are always upgrade courses. It's advisable to stay abreast of what's going on in your field."

First and foremost however, he stresses test-driving the profession before giving up months of tu-ition and testing only to realize it's not for you. Offer up a few Saturdays of free labour or enrol in a co-operative placement before going all-in.

"See if it's for you before committing. This job is great on a sunny day but sometimes you're under a machine in a 100 degree factory or on a roof in Jan-

#### Make sure to learn the **basics**

Running current through copper is only one aspect of electrical

Demelo recalls many times where a student electrician has claimed to know rudimentary aspects of hands-on labour with disastrous results: Shattered saws, damaged drills and burned-out drill bits.

"Most of my job is mechanical: drilling, tapping, cutting pipe, dealing with plaster, brick and what-not ... the calculations and actually pulling wires come into play later,'

he sighs.
"You need these essentials. Take your preapprenticeship classes, but learn the basics no matter what." METRO

uary and it's 20 below Don't commit, then realize you're not used to working

in the elements."

### Clear message key to communication



The harshest blow to your office ego can be the gentle brush aside: the aggravating discovery that your helpful input is bouncing back off cold shoulders and apathetic, nodding heads.

Being sidelined during conferences can boil up rage out of otherwise cool professionals. Which is why career counselors suggest you respond with a pause — and if you're feeling tuned out, tune in on why.
"On some level, every-

body wants to be heard, but if that's not happening, you need to under-stand what's going on," career counselor Lynn Berger advises. "Approach somebody else at the meeting and ask what's

happening," she suggests.

"Maybe you're in the
wrong regime," adds ExecutiveCoachNY.com counselor Jane Cranston. "If people keep ignoring your input, it may be a clue that you're out."

It could also be a clue that you're hedging your two cents with too much timidity, and too little piz-zazz. Voicing suggestions, Cranston points out, is all about the wind-up pitch, that flair for evocative details that turns a routine purchase of payroll soft-ware into a landmark moment in corporate history.

"People might not be hearing because you



"Saying things louder doesn't help, and neither does repeating things a million times. You become a broken record." IANE CRANSTON

you're not delivering the message right," Berger concurs. If not, try a change of scenery.

"Schedule a time and place," Cranston offers. "Tell your boss, 'I have something to add, I'd like to have five minutes of your time share it." Refrain from blame-casting, she adds. "Assume you were the poor communi-

cator," she suggests.

"Say 'Maybe I didn't
make myself clear when I was explaining this."

Keep your indoor voice to yourself and don't let vour frustration steam out into the open. Awkward air is one way to alienate colleagues, and spoil your rep. When your points are being shrugged away, Cranston says, you must be all the more diplomat-





#### News in brief

#### **Ryerson plots** India strategy

OUTREACH Ryerson University's Ted Rogers School of Management has set up an India strategy group to chalk out its plans for the South Asian country, which includes offering its world-class courses to Indian students and forging ties with Indian univer-

Although students of Indian origin account for about 10 per cent of undergraduate courses, there are not many from India, says the school's dean. There are, however, quite a few students from India in graduate programs. @ METRO

# Learning to break bad habits

Parents and kids should not be afraid to ask for help • Move fast to identify and address problems

Now that the school year is well underway, students
—and parents — are settling back into the school groove.

Unfortunately, some students can also find themselves settling back into bad habits from previous years.

"It's important to start the new school year off on

the right foot," said Dr. Nick Whitehead, founder and CEO of Oxford Learning. "The habits that students develop in the early weeks can stick with them for the entire year."

According to Dr. Whitehead, the sooner that students make good school habits part of their daily routine, the more likely that they will keep these habits for the entire school year. The trick, he says, is to implement good school habits as soon as possible, or else bad habits can sneak back.

So how do parents and students implement good school habits for the entire school year?

Dr. Whitehead recommends that parents take out last year's final report card and review teacher's comments.

"If there are school issues from last year that



▶ Identifying bad habits early can help students have a more successful school year.

"Knowing what the challenges are, and getting help with these areas before they become issues, is a great way to avoid repeating bad habits."

NICK WHITEHEAD

weren't addressed over the summer, it's likely that they will become

problems again this year," he savs

Dr. Whitehead also rec-

ommends that parents reintroduce school-year routines such as limiting TV and computer time, setting bedtimes and wake up times, and using a family wall calendar to keep track of chores and social activities.

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### INCREDIBLE PEOPLE, INSPIRING CAREERS

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#### TERESA KRUZE



Flames' locker room?'



The call from TSN that I

# port from the Calgary

#### Kruze control

When looking for inspiration in life, Teresa Kruze thinks about these sayings:
• Never sit in the rocking

chair of life and say, "I



had been dreading had finally arrived. It was time to deliver - or move on.

My hands began to shake after the game and as I walked into the locker room I was in full blown panic mode. Only daring to look at the red rug on the floor, I followed my

#### wish I would have.' • Don't be afraid to fail or take risks. At least you can say you tried.

• Don't be so hard on yourself — you don't have to be perfect.

• Get out there and do it. Learn more at turningpointmedia.ca

cameraman's feet to the first scrum.

Quickly looking up, I did the interview plus three others in the room and then ran out of there and filed my story. The year was 1986 and one month later TSN offered me a contract making me one of Canada's first female sportscasters. It was a huge turning point in my life.

Over the years I have become fascinated by people that have succeeded in life despite facing huge odds. I like the stories of the nurse who became CEO of one of the world's best hospitals or the man that was fired and became a multi millionaire after starting his own company.

As we recover from one of the worst recessions in decades, we need to inspire one another to go after our goals no matter how out of reach they may seem.

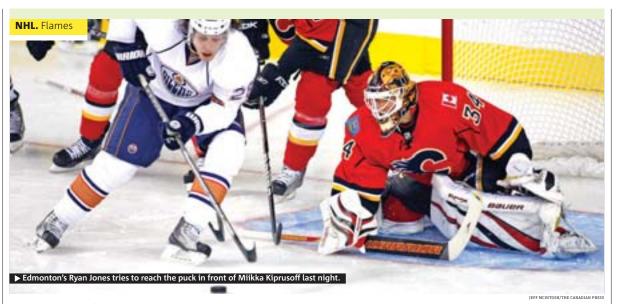
In the coming months, I will be writing about in-

#### coming soon

In the coming months TurningPoint will feature:

- A Vancouver man that stopped for a hamburger and left with an idea for a billion-dollar company.
- A lawyer that walked away from his practice to become an author and one of the world's most successful leadership advisors. Three mothers who were
- turned down by all the banks finally found a way to open their successful children's bookstore. A model who threw away
- her scale and is now inspiring woman and girls of all sizes to redefine their image of beauty.

credible people who have looked past their doubts and insecurities and have gone on to achieve success It'll be your Monday morning dose of inspiration. Make it a turning point for you.



Flames finish pre-season with perfect record Miikka Kiprusoff was perfect last night, and he helped the Calgary Flames finish

up the pre-season the same way. Kiprusoff made 27 saves and Alex Tanguay scored the lone goal as the Flames won 1-0 over the Edmonton Oilers to finish up exhibition play a perfect 7-0. Calgary is the lone NHL team to finish the pre-season without a loss. Washington was also perfect at 5-0 before losing 3-0 yesterday night to Nashville. Edmonton ended up 4-2.

THE CANADIAN PRESS

# Giants, Braves in

Padres miss chance to force a tiebreaker Debby Cox gets one last trip to playoffs with Atlanta, a team he managed to 14 straight division titles • Rays clinch AL East crown

Bobby Cox will get one more try in October. No

tiebreaker needed. What could've turned into a real tangle of a playoff picture became clear yesterday: Cox and his wild-card Atlanta Braves will face the San Francisco Giants, while the San Diego Padres are finished.

Major League Baseball was looking at the possibility of a three-team, twoday round of games to sort out all the post-season slots — fun for fans, a scramble for players. Instead, for the first time in four years, the regular season ended with Game No.

The first round was set when Jonathan Sanchez and the Giants eliminated the Padres 3-0 to win the NL West. Philadelphia and Cincinnati will meet in the other NL division se-

"We nailed it," Giants outfielder Pat Burrell said. "It was looking like it was heading the wrong way. Our guys toughed it out."

Tampa Bay clinched the AL East when the World Series champion New Yankees lost at York Boston 8-4. That sent the

#### Simple scenario

The Giants' win simplified the playoff scenario. Had they lost, San Francisco, San Diego and Atlanta would've all finished at 91-71, forcing a pair of tiebreakers.

Rays back home to open the playoffs against Texas, while the wild-card Yankees will start their bestof-five series at Minnesota.

The action begins Wednesday afternoon at Tropicana Field, followed by games at Citizens Bank Park and Target Field. The banged-up Braves visit Tim Lincecum and the Gi-ants at AT&T Park on Thursday night.

"We're probably not expected to do well," said Braves ace Tim Hudson, wearing a T-shirt with "Wild Card" across the front.

No matter, Cox is in the post-season vet again. At 69, he's retiring after this season. And his Braves went 4-3 against the Giants this year.

Cox guided Atlanta to 14 consecutive division titles from 1991-2005, but

only one World Series championship during that run. He and the Braves are back in the post-season after a four-year absence.

The Giants make their first post-season appearance since 2003, when the team was built around Barry Bonds.

"Versus the past when we lived and died with one superstar player, there aren't any superstars on this team. There might be a couple rising stars," Giants general manager Brian Sabean said.

THE ASSOCIATED PRESS



**Sports in brief** 



Donovan McNabb heard cheers and the home team got all the boos.

McNabb threw for 125 yards and one touchdown. leading the Washington Redskins to a 17-12 victory over the Philadelphia Eagles yesterday in his first game against his former

team. Michael Vick was forced out in the first quarter with chest and rib injuries in his first start in front of the hometown crowd. Kevin Kolb, who was supposed to be McNabb's successor all along, replaced Vick after losing his starting job because he got hurt in Week 1. THE ASSOCIATED PRESS

# COMMUNITY<sup>2</sup>



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#### **MLB**

AMEDICANTEACHE

AMERICAN LI	EAGU	E							
EAST DIVISION									
x-Tampa Bay y-New York Boston Toronto Baltimore	96 95 89 85 66	66 67 73 77 96	Pct .593 .586 .549 .525 .407	GB - 1 7 11 30	WCGB 6 10 29	5-5 3-7 5-5 8-2 5-5	Str W-2 L-2 W-2 W-1 L-1	Home 49-32 52-29 46-35 46-35 37-44	Away 47-34 43-38 43-38 39-42 29-52
CENTRAL DIVIS	SION								
x-Minnesota Chicago Detroit Cleveland Kansas City	W 94 88 81 69 67	68 74 81 93 95	Pct .580 .543 .500 .426 .414	GB - 6 13 25 27	WCGB - 7 14 26 28	2-8 8-2 4-6 7-3 4-6	Str L-1 W-2 W-1 L-2 L-2	Home 53-28 45-36 52-29 38-43 38-43	Away 41-44 43-33 29-53 31-50 29-53
WEST DIVISION	-								
x-Texas Oakland Los Angeles Seattle	90 81 80 61	72 81 82 101	Pct .556 .500 .494 .377	GB - 9 10 29	WCGB - 14 15 34	6-4 4-6 5-5 3-7	Str L-1 W-4 W-1 L-5	Home 51-30 47-34 43-38 35-46	39-42 34-47 37-44 26-55
NATIONAL LE	AGU	Ε							
EAST DIVISION									
x-Philadelphia y-Atlanta Florida New York Washington	97 91 80 79 69	65 71 82 83 93	Pct .599 .562 .494 .488 .426	GB - 6 17 18 28	WCGB 11 12 22	6-4 5-5 4-6 5-5 5-5	Str L-1 W-1 W-2 L-1 W-1	Home 52-29 56-25 41-40 47-34 41-40	Awa; 45-3( 35-4) 39-4; 32-4( 28-5)
CENTRAL DIVIS	SION								
x-Cincinnati St. Louis Milwaukee Houston Chicago Pittsburgh	W 91 86 77 76 75 57	L 71 76 85 86 87 105	Pct .562 .531 .475 .469 .463 .352	GB - 5 14 15 16 34	WCGB - 5 14 15 16 34	5-5 8-2 6-4 3-7 6-4 4-6	Str W-2 W-5 L-2 W-1 L-1 L-2	Home 49-32 52-29 40-41 42-39 35-46 40-41	Away 42-39 34-47 37-44 34-47 40-41 17-64
WEST DIVISION	V								
x-San Francisco San Diego Colorado Los Angeles Arizona x-clinched division;	92 90 83 80 65 y-clincl	2 70 72 79 82 97 hed wil	.568 .556 .512 .494 .401 d card	GB - 2 9 12 27	WCGB - 1 8 11 26	7-3 5-5 1-9 7-3 4-6	Str W-1 L-1 L-8 W-2 L-2	Home 49-32 45-36 52-29 45-36 40-41	Away 43-38 45-36 31-50 35-46 25-56

#### AMERICAN LEAGUE

Chicago White Sox 6 Cleveland 5 Tampa Bay 3 Kansas City 2 (12 ings.) Oakland 4 Seattle 3

Yesterday's results Cincinnati 3 Milwaukee 2 Florida 5 Pittsburgh 2 Washington 2 N.Y. Mets 1 (14 ings.) Atlanta 8 Philadelphia 7 Houston 4 Chicago Cubs 0 St. Louis 6 Colorado 1 San Francisco 3 San Diego 0 L.A. Dodgers 3 Arizona 1

Minnesota (Pavano 17-11)

NATIONAL LEAGUE

laday 21-10)

walt 13-3)

13-11)

son 17-9)

Sunday, Oct. 10

Friday's game

Sunday, Oct. 10

NATIONAL LEAGUE W L Pct 6B 91 71 .562 -

Saturday, Oct. 9
Minnesota (Duensing 10-3) at New York (Pet-titte 11-3 or Hughes 18-8)

Philadelphia (E) vs. Cincinnati (C) Wednesday's game Cincinnati (Volquez 4-3) at Philadelphia (Hal-

Cincinnati (Arroyo 17-10) at Philadelphia (Os-

Philadelphia (Hamels 12-11) at Cincinnati (Cueto 12-7) San Francisco (W) vs. Atlanta (wc)

Thursday's game
Atlanta (Lowe 16-12) at San Francisco (Lince-cum 16-10)

**Friday's game** Atlanta (Hanson 10-11) at San Francisco (Cain

San Francisco (Sanchez 13-9) at Atlanta (Hud-

NATIONAL LEAGUE

#### **WILD CARD**

AMERICAN LEAGUE
-----------------

NY	Yankees		
----	---------	--	--

		W
٧Y	Yankees	95

lΥ	Yankees	95

#### **2010 POSTSEASON**

#### **DIVISION SERIES** (BEST-OF-5)

(Note:Wild card teams play teams with best records unless in same division and wild card may not have home-field advantage)

L Pct GB 67 .586—

#### AMERICAN LEAGUE

Tampa Bay (E) vs. Texas (W)

Texas (Lee 12-9) at Tampa Bay (Price 19-6) Thursday's game

Texas (Wilson 15-8) at Tampa Bay (Garza 15-

Saturday's game Tampa Bay (Davis 12-10 or Shields 13-15) at

Texas (Lewis 12-13) Minnesota (C) vs. N.Y. Yankees (wc)

New York (Sabathia 21-7) at Minnesota (Liriano 14-10)

Thursday's game

New York (Hughes 18-8 or Pettitte 11-3) at

## 2 Totals 30 1 4 1 000 010 100 2 000 100 000 1 -Toronto 1, Minnesota 1.

**AMERICAN LEAGUE** 

Punto 2b Mauer c Butera c JMorls ph

BLUE JAYS 2, TWINS 1

	E-Overbay (6). DP-	-Ton	onto	1, N	linne	sota	1
	LOB-Toronto 2, Mi	nnes	ota 4	1.2B	-Ma	uer	
	(43). HR-Lind (23)	, Enc	arna	cion	(21).	SB-	-
Away	O.Hudson (10).						
45-36		IP	н	R	ER	BB	
35-46	Tavanta						

Hoffpr 2b McCoy rf Plouffe pr-dh Cuddyr 1b Tolbert 1b Kubel rf Repko rf Valenci 3b Hardy ss ACasill ss Totals

	IΡ	Н	R	ER	BB	S0
Toronto						
Rzepczynski W,4-4	7	4	1	0	2	6
Carlson H,2	1	0	0	0	0	1
Camp S,2-4	1	0	0	0	0	1
Minnesota						
Blackburn L,10-12	7	3	2	2	1	6
Mijares	1	0	0	0	0	1
Perkins	1	1	0	0	0	0
T-2:01. A-40,664 (	39,5	04)	at M	innea	polis	5.

#### SOCCER

Last night's result Los Angeles 2 Chivas USA 1

#### **ENGLAND**

PREMIER LEAGUE

Yesterday's results Chelsea 2 Arsenal 0 Liverpool 1 Black Manchester City 2 Newcastle 1

#### FRANCE

LIGUE 1 Yesterday's results Lille 3 Montpellier 1 Paris Saint-Germain 0 Nice 0 Rennes 3 Toulouse 1

#### **GERMANY** BUNDESLIGA

Yesterday's results
Bayer Leverkusen 2 Werder Bremen 2
Borussia Dortmund 2 Bayern Munich 0
Stuttgart 1 Eintracht Frankfurt 2

#### **ITALY**

#### SERIE A

Yesterday's results Bologna 1 Sampdoria 1 Chievo Verona 0 Cagliari 0 Fiorentina 1 Palermo 2 Genoa 2 Bari 1

Inter Milan 0 Juventus 0 Lazio 1 Brescia 0 Lecce 1 Catania 0 Napoli 2 AS Roma 0

#### SPAIN

#### LA LIGA

Yesterday's results Almeria 1 Malaga 1 Barcelona 1 Mallorca Getafe 3 Hercules 0 Osasuna 1 Levante 1 Real Madrid 6 Deportivo La Coruna 1 Sevilla 3 Atletico Madrid 1 Villarreal 2 Racing Santander 0

#### NHL

#### **PRE-SEASON**

Vesterday's results Nashville 3 Washington 0 Pittsburgh 5 Detroit 2 Buffalo 9 Philadelphia 3 Chicago 4 St. Louis 3 Calgary 1 Edmonton 0 Anaheim 3 Los Angeles 2 (OT)

Today's games (All times Eastern)

Carolina at SKA St. Petersburg (Russia), 11 a.m.

Minnesot at Ilves Tampere (Finland), Noon
Tomorrow's games
Columbus at Malmo/Rogle BK (Sweden), 1 p.m.
Boston at HC Liberec (Czech Republic), 1 p.m. Wednesday's game
Phoenix at Dinamo Riga (Latvia), Noon
End NHL Pre-season Schedule

#### FLAMES 1, OILERS O

1. Calgary, Tanguay 1 (Iginla, Giordano) 5:36

Penalties — Strudwick Edm (interference). MacIntyre Edm (roughing) 9:54, Tanguay Cal (tripping) 14:05.

Second Period

No Scoring.

Penalties — Brule Edm (slashing) 8:51.

Ivanans Cal (holding) 11:34, Bouwmeester Cal (hooking) 16:10. Third Period No Scoring

Penalty — Belle Edm (hooking) 13:06. Shots on goal by

Edmonton Calgary 13 5 10 Goal (shots-saves) — Edmonton: Dubnyk (18-17)(L), Deslauriers (11:34 of second)(10-10); Calgary: Kiprusoff (W).

Power plays (goals-chances) — Edmonton: 0-3; Calgary: 1-4.

Referees — Tom Kowal Kyle Rehman Linesmen — Brad Lazarowich, Mark Wheler. Attendance — 19,289 (19,289) at Calgary.

#### **LATE SATURDAY**

#### **LEAFS 4, RED WINGS 2**

First Period
1. Detroit, Emmerton 1 (Andersson, Mursak)

9:09 (pp) 2. Toronto, MacArthur 1 (Grabovski, Gunnars-

2. Toronto, MacArton T (Glabovski, Guillarsson) 14:19 (pp)
3. Toronto, Bozak 2 (Kessel, Komisarek) 16:28

Penalties — Kulemin Tor (cross-checking)
5:36, Komisarek Tor (high-sticking) 7:20, Abdelkader Det (roughing), Versteeg Tor (slashing, roughing) 9:59, Helm Det (holding) 11:48, Miller Det (tripping) 12:19, Brown Tor (charg-

ing) 19:24. Second Period

4. Toronto, Versteeg 2 (Kaberle, Kessel) 4:41

(pp) 5. Toronto, Kaberle 1 (Kessel, Versteeg) 11:41

Penalties — Andersson Det (holding) 4:03, An-

dersson Det (interference) 10:37.

Third Period

6. Detroit, Tatar (Ericsson, Kindl) 12:13 (pp)

Penalty - Orr Tor (boarding) 6:10, Abdelkader Det, Schenn Tor (unsportsmanlike conduct, in-stigating, fighting, misconduct) 10:24, Smith Det (interference) 13:59, Abdelkader Det

(tripping) 18:03. Shots on goal by

Detroit 10 13 13 3

Toronto 11 12 6 2

Goal (shots-saves) — Detroit — Howard (L); Toronto - Giguere (W)(23-22), Rynnas (start third)(13-12)

Power plays (goals-chances) — Detroit: 2-7;

Toronto: 3-6. **Referees** — Paul Devorski, Fredrick L'Ecuyer. Linesmen — Greg Devorski, David Brisebois Attendance — 18,780 (18,819) at Toronto.

#### NFL

#### WEEK 4

#### AMERICAN CONFERENCE

N.Y. Jets New England Miami Buffalo	W 3 2 2 0	1 1 1 4	0 0 0 0	Pct .750 .667 .667 .000	PF 106 90 52 61	PA 61 82 51 125
SOUTH						
Houston Jacksonville Indianapolis Tennessee	3 2 2 2	1 2 2 2	0 0 0	.750 .500 .500 .500	108 71 117 98	102 111 92 68
NORTH						
Baltimore Pittsburgh Cincinnati Cleveland	3 2 1	1 1 2 3	0 0 0	.750 .750 .500 .250	61 86 79 68	55 50 78 77
MECT						

1.000 .500 .500 .250

#### NATIONAL CONFERENCE

Oakland

EASI						
Washington N.Y. Giants Philadelphia Dallas	W 2 2 2 2	2 2 2 2	T 0 0 0	Pct .500 .500 .500 .333	PF 73 72 95 54	79 88 79 53
SOUTH						
Atlanta New Orleans Tampa Bay Carolina	3 3 2 0	1 1 1 4	0 0 0	.750 .750 .667 .000	93 79 50 46	60 72 59 87
NORTH						
Chicago	3	1	0	.750	69	68

Chicago	3	1	0	.750	69	68
Green Bay	3	1	0	.750	106	73
Minnesota	1	2	0	.333	43	38
Detroit	0	4	0	.000	82	106
WEST						
Arizona	2	2	٥	500	58	112

St. Louis Seattle San Francisco 2 2 0 .500 2 2 0 .500 0 4 0 .000 77 75 52

Byes: Dallas, Kansas City, Mi Yesterday's results Denver 26 Tennessee 20 Green Bay 28 Detroit 26 N.Y. Jets 38 Buffalo 14

St. Louis 20 Seattle 3 Atlanta 16 San Francisco 14 Baltimore 17 Pittsburgh 14 New Orleans 16 Carolina 14 Cleveland 23 Cincinnati 20

Cleveland 23 Cincinnati 20 Houston 31.0 Alakand 24 Jacksonville 31 Indianapolis 28 San Diego 41 Arizona 10 Washington 17 Philadelphia 14 NY. Giants 17 Chicago 3 Tonight's game (All times Eastern) New England at Miami, 8:30 p.m.

#### CFL

#### **WEEK 14**

	GP	W	L	Т	PF PA
r-Montreal	13	9	4	0	409 336
Hamilton	13	6	7	0	330 355

Hamilton	13	6	7	0	330 355	1			
Toronto	13	6	7	0	259 344	1			
Winnipeg	13	3	10	0	345 349				
WEST DIVISION									
x-Calgary	13	10	3	0	452 295	2			

13 9 4 0 380 345 18 13 5 8 0 324 319 10 13 4 9 0 261 413 8 Edmonton - clinched playoff berth.

x — clinched playoff berth.

Yesterday's result
Edmonton 37 Hamilton 35

Saturday's results
B.C. 16 Winnipeg 14

Saskatchewan 27 Toronto 16

Friday's result
Calgary 46 Montreal 21

#### **TRANSACTIONS**

#### **BASEBALL**

AMERICAN LEAGUE

SEATTLE MARINERS—Announced the retire-ment of video coordinator Carl Hamilton, ef-NATIONAL LEAGUE

LOS ANGELES DODGERS—Announced the re-tirement of C Brad Ausmus.

#### HOCKEY

NHL
DETROIT RED WINGS—Assigned F Joakim
Andersson, F Willie Coetzee, F Cory Emmerton, D Brian Lashoff, G Thomas McCollum, F
Chris Minard, F Jordan Owens, F Francis Pare,
D Logan Pyett, F Brendan Smith, Jamie Tardif
and F Tomas Tatar to Grand Rapids (AHL).
NEW YORK ISLANDERS—Assigned F Justin
DiBenedetto, F Micheal Haley, F Rob Hisey, F
Jesse Joensuu, F Mark Katic, F Tomas
Marcinko, F Rehet Rakhshani, F David Ullstrom, F Jeremy Yablonski, D Dylan Reese, D
Travis Hamonic and G Miklos Koskinen to
Bridgeport (AHL). Released C Dean McAm-Bridgeport (AHL). Released C Dean McAm-mond, RW Jed Ortmeyer, D Anders Eriksson, G

mond, RW Jed Ortmeyer, D Anders Eriksson, G Manny League and FKrys Kollanos. NEW YORK RANGERS—Assigned D Ryan Mc-Donagh, D Pawel Valentenko, F Dale Weise and F Mats Zuccarello to Hartford (AHL). ST. LOUIS BLUES—Recalled FT.J. Hensick, F Ryan Reaves, F David Spina and D Dean Ar-sene from Peoria (AHL). VANCOUVER CANUCKS—Assigned RW Victor Oreskovich, RW Sergie Shirokov, LW Bill Sweatt, D Lee Sweatt and D Yann Sauve to Manitoba (AHL).

#### AHI

AHL
MANITOBA MOOSE—Released G Daniel Bellissimo, RW Hans Benson, RW Andy Brandt,
LW Andrew Carroll, RW Dan Gendut, LU
W Andrew Garoll, RW Dan Gendut, D David
Grimson, C Derek Leblan, C Aaron Lewadniuk,
C Mark Magnowski, RW Evan Rankin, LW
Matt Schepke, D Brock Sheahan and D Ryan

PEORIA RIVERMEN—Assigned G Gerald Coleman, F Kory Falite and D Mark Isherwood to Alaska (ECHL). Released F Pierce Norton, F Ethan Cox, F Chris Morehouse, F Jerad Stewart, F Zach Pearson, D Alex Dzielski, D Aaron Dawson and D Ryan Palmer. SAN ANTONIO RAMPAGE—Assigned LW Ned

Lukacevic, C Justin Bernhardt and C Tyler Mosienko to Las Vegas (ECHL). Returned RW Jamie Bates to Las Vegas. Released LW Kip

Brennan.
SPRINGFIELD FALCONS—Released G Riley
Gill, F Matt Vokes, F John Mori, F Marcus Carroll, F Cory McGillis, F John Scrymgeour and D
Steven Kaunisto.

Steven Kaunisto.
SYRACUSE CRUNCH—Assigned F Eric Lampe training camp roster. Released F Marco
Desveaux and F Darick St. Marie.

#### **GOLF**

#### RYDER CUP

At Newport, Wales Par 71

EUROPE 9 1/2, U.S. 6 1/2

Europe z, U.S. 0 Luke Donald and Lee Westwood, Europe, def. Tiger Woods and Steve Stricker, U.S., 6 and 5. Graeme McDowell and Rory McIlroy, Europe, def. Zach Johnson and Hunter Mahan, U.S., 3 and 1.

and 1.

FOURBALLS

Europe 5 1/2, U.S. 1/2

Padraig Harrington and Ross Fisher, Europe, def. Jim Funk and Dustin Johnson, U.S., 2 and 1.

Peter Hanson and Miguel Angel Jimenez, Europe, def. Bubba Wätson and Jeff Overton, U.S., 2-up.

Stewart Cink and Matt Kuchar, U.S., halved with Edoardo Molinari and Francesco Molinari, Firnne.

lan Poulter and Martin Kaymer, Europe, def Phil Mickelson and Rickie Fowler, U.S., 2 and 1



#### Crossword

Across 4 Tent peg 9 Hot tub 12 Eggs 13 "American Idol" alumnus Clay 14 Audiology subject 15 Piano style 21 17 Performance 18 Birthday statistic 19 Mickey Mouse's cre- 25 ator 31 21 Stuck 24 Sans siblings 25 Blackbird 26 Homer's interiection 28 Play your last card 31 Hostels 33 Watch chain 35 Ballerina's frill 48 36 Crazy folks 38 Deity 54 40 Apprehend 41 St. Louis NFI team 57 43 Chuckles 45 Tyrannical ruler 47 In need of repair 48 Ostrich's cousin 49 They're "worn"

when handling some-

thing carefully

54 Parisian pal

55 Justice Kagar

57 Unsavory rodent

58 Impressionist Edgar

56 Past

59 Present

1 Occupation

2 Actress Gardne

3 Talk on and on

4 Drooped

5 Fed up with

Down

6 Alias (Abbr.) 7 Japanese form of fencing 8 Conclusion 9 "No Way Out" actress 10 Gait 11 Bohemian 16 Sweet potato 20 Coin aperture 21 "Monopoly" corner 22 Domini preceder 23 Diamonds or clubs. in bridae 27 Glutton

30 Vats						
32 Break suddenly		$\triangleright$	Ye	ste	erc	la
34 Common lunch	K	Е	G		С	W
meat	Н	Α	Н		0	Α
37 Cured, as ham	Α	G	Α		В	L
39 Texas city	Κ	Е	Ν		S	L
42 Steps over a fence	1	R	Α	Q		Ε
				Α	С	T
44 Japanese vegetable	Р	Α	S	Т	Α	
45 Sweetie	Ε	R	R	Α	Ν	Е
46 Actress Thompson	W	Е	T	R	Ξ	Α
50 B.A., for ex.					Α	1
51 Moving vehicle	В	L	U	Е	в	Α

29 Great Salt Lake state

#### Sudoku

			5	1			8	7
8	4			9	3			5
	5				8		7	
	3	8				9	2	
	9		3				6	
4			1	8			9	6
3	7			2	5			
	7		1		5		9	(

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	8	2	3	9	5	7	1	6
5	9	1	2	7	6	3	4	8
6	3	7	4	8	1	9	2	5
2	1	6	8	3	7	4	5	9
9	7	4	1	5	2	8	6	3
3	5	8	9	6	4	2	7	1
7	2	3	6	1	8	5	9	4
1	4	9	5	2	3	6	8	7
8	6	5	7	4	9	1	3	2

**Caption contest** 

# Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

You're the best thing that's ever been mine. The last few months have been the best of my life. I think it's safe to say I love you! You're my beb, my TGK, my better half and my best friend. Thanks for always letting me goofy kiss you! UNCONDITIONAL LOVE, YOUR TGP

I miss you so much. Now that it is getting cold, I think of the night I saved you. I froze to keep you warm with my jacket. I love you, more than you could imagine.

#### -SNOOPS

Pssstttt: Chris, mi amor, Mi lindo. Mi loru. Bebsh, you are my everything. When I look into your eyes - I see forever:) There is no way I can sum up how I feel about you here. But I want everyone who is reading this to know that I LOVE YOU. Forever yours, ERIKA

#### TODAY

Min 6° Max 16°

look at the weather TUESDAY Min 4° Max 16°

WEDNESDAY Min 4° Max 22°

#### Andrew Schultz. Meteorologist "I get to spread the word

on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



#### Today's horoscope

T Aries March 21-April 20 Spend time with the people who mean most to you today, because some of them are under the impression that you have forgotten they exist!

¥ Taurus April 21-May 21 The pace of life will pick up quickly this coming week and you will be snowed under by opportunities and invitations. Be selective of what you take on

II Gemini May 22-June 21 The approaching new moon promises that if you act quickly you will create something out of the ordinary, something you will be remembered for

Gancer June 22-July 22 You feel on top of the world and your energy levels are high, so ask yourself: what can you do to make the world a better place? Help those around you as much as you can.

52 Id counterpart

53 Scatter seeds

 Leo July 23-Aug.23 Is life really so tough or is it more likely that your negative attitude is making everything look hard? Strive to be positive. Look to the future

M Virgo Aug. 24- Sept. 22 Someone you meet today could become more than a friend, so keep your eyes and ears open and, above all, listen to the promptings of your heart. Don't be shy: if you meet someone you fancy be bold and make the first move

← Libra Sept. 23-Oct. 23 You will be put to the test today but, if you stay calm and tackle problems individually as they

arise, you will pass the test

with flying colours.

For today's crossword answers and for

expanded horoscopes, go to metronews.ca

M Scorpio Oct. 24-Nov. 22 Something that once seemed so important to you won't mean anything after today. It's not often that your attitude changes to such a drastic extent but recent events have

convinced you it is time to

move on - and up → Sagittarius

Nov. 23-Dec. 21 You need to have a clear idea of what it is you are aiming for, because with out that idea your efforts will vield only limited results

り Capricorn Dec. 22-Jan. 20 Quality counts in all areas of

life but especially in your work or career where you are judged most on what you create and on how much value you bring to the business.

Aguarius Ian 21-Feb 18

You may be tempted to take it easy and enjoy yourself today but you should really be planning what you are going to do around the time of Thursday's new moon

H Pisces Feb. 19-March 20 Money matters of one sort or another will be top of the agenda this coming week, especially if you have been rather careless about keeping track of where your cash has been going. A more disciplined approach is a must. SALLY BROMPTON

CATLIN KNOWLES You write it!

> Write a funny cap tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro.

"So that's where I

parked my car"







FREE CAR WASH WITH PURCHASE OF INTERIOR SHAMPOO & CLEAN\* Studio City Fine Car Detailing

#### **NEIGHBORLY**<sup>2</sup>



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